Volume 10, Issue 8
August, 2017

Feature Stories

- New Members
- Fire Chief Robert Spinner
- Retired Fire Chief Gary Crawford
- Dryer Safety
- Lk. Whatcom Triathlon
- Healthy Recipe

2017 STATISTICS
July 1 — July 31

District Average Response Time:
9 min. 16 sec.

Responses by Type:

Fire: 25
EMS: 229
Other: 166

Total: 420

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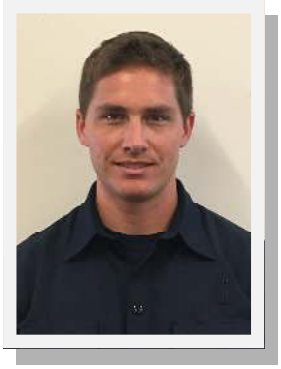
Proudly serving the communities of Blaine, Birch Bay, Custer, Laurel and the unincorporated areas of Lynden & Bellingham

"Providing Quality Service for a Safe Community"

NWFR Welcomes Three New Firefighter Recruits

Please join North Whatcom Fire and Rescue in welcoming three new hires. Zackary Balonick, Steven Latham and Sean Roberts will all be attending the North Bend Academy in August.

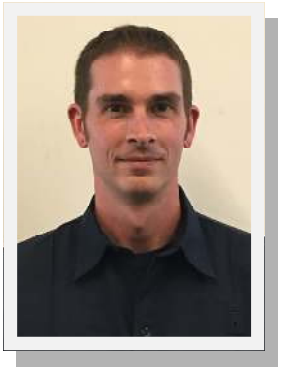


Zackary was born and raised in Sunland, California, about 30 minutes outside Los Angeles. Most of his family still resides in southern CA. Zackary is engaged to Amy Wharton.

Zackary earned a BA in mathematics at Western Washington University and is a wildland firefighter for the Department of Natural Resources.

Previous occupations include volunteer firefighter for SWFA, HVAC and plumbing apprentice, boat inspector, tour guide for WWU and YMCA camp counselor.

Zackary also has volunteered as a coach for a men's rowing team at WWU for the past year and a half.



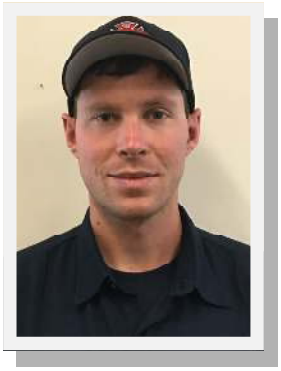
Steve was born and raised in the Seattle area. He grew up riding three wheelers and dirt bikes.

Steve spent 8 years in construction before moving to Zodiac Aerospace, where he has been for the past 6 years.

Steve is married to JoAnn. The couple have four children (all boys) ranging in ages from 6-14.

Steve enjoys giving back to his community. He has volunteered at the RE-Store, Salvation Army, Alternative Humane Society and the Ski to Sea.

Steve attended the WCRA and graduated from EMT school before volunteering with NWFR in May 2017.



Sean was born in Yakima and raised in Seattle. He has an older sister and is proud of his parents who have been married for 30 years.

Sean moved to Bellingham to attend college 7 years ago. He earned a BA in environmental education in 2014 and is currently finishing paramedic school.

Sean is currently a rope and confined space rescue technician. He was also a professor's assistant in 2015 for Huxley College and taught snow science on Mt. Baker for surrounding schools.

Sean enjoys climbing, hiking, skiing, road cycling and live music. He intends to learn how to weld sometime in the future.

CONGRATULATIONS AND WELCOME TO NWFR

Please remember to keep the district up to date with any changes including your contact information.

All changes should be directed to Jennie. These changes may include:

Phone

Address

Email

Banking

Family Additions

Name changes

City of Lynden Fire Chief Robert Spinner

Fire Chief Robert Spinner died on duty unexpectedly Friday, July 14 during a mid morning run.

Spinner was a twenty-five year veteran of the fire service. He came to Lynden in 2010 as the assistant fire chief and was promoted in April.

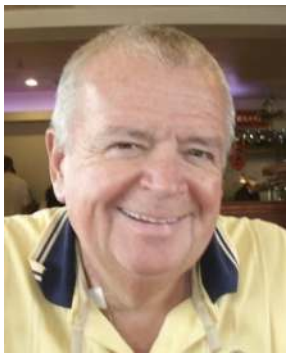
The Lynden Fire Department escorted his body from Bellingham to Lynden on Tuesday, July 18. The route was lined with hundreds of community members, emergency service and law enforcement personnel as a sign of respect.

The memorial service was held on Saturday, July 22 at the Northwest Washington Fair Grounds and was open to the public.

Spinner is survived by his wife Tammy, son Austin, daughter Emma, brother Russell and mother Shirley.

Robert was highly regarded in the fire service and Lynden community. He will be greatly missed.

District #8 Retired Fire Chief Gary Crawford



Retired District #8 Fire Chief Gary Crawford passed away Tuesday, July 18 after a long-term illness. Gray Crawford began his career as a volunteer firefighter for Marietta Fire District #8 in 1968. He slowly worked his way up through the ranks and became Marietta's fire chief in 1986. He retired in 2005.

Gary always served his community with compassion and enthusiasm. His dedication and commitment touched many firefighter's careers and he will be sorely missed.

Gary is survived by his wife Sharon, his son John (Cheryl) his daughter Jill (Daryl), and three grandkids, Nicole, Tyler, and Abby. He has two sisters Teri (Stu), two step brothers Jim Bergner (Darlene) and Joe Bergner (Michelle).

Clothes Dryer Fire Safety Tips

by Cpt. Jorgensen

While most home appliances are used without incident, the U.S. Consumer Product Safety Commission estimates that 15,500 fires associated with clothes dryers occur annually, causing an average of 10 deaths, 310 injuries and more than $84.4 million in property damage. A lack of maintenance, buildup of lint, placing inappropriate items in the dryer and inadequate venting are frequently guilty as contributing factors.

Did You Know?
80% of American homes have clothes dryers.

A full load of wet clothes placed in a dryer contains about one half gallon of water. As the clothes dry, lint forms and builds up, reducing airflow in the dryer's vent, potentially causing the dryer to work improperly or overheat.

Clothes Dryer DOs:
DO clean the lint screen/filter before or after drying EACH load of clothes.

DO clean the dryer vent and exhaust duct periodically.

DO have a certified service technician clean and inspect the dryer and venting system regularly.

DO replace plastic or vinyl exhaust hoses with rigid or flexible metal venting, which provides maximum airflow.

DO keep the area around the dryer clean and free from clutter.

Always use the appropriate electrical outlet for dryers and all major appliances.

Clothes Dryer DON'Ts:
DON'T place clothing or fabric stained with a flammable substance, such as alcohol, cooking oils, gasoline, spot removers or motor oil, in the dryer. Flammable substances give off vapors that could ignite or explode. Instead, dry the materials outdoors.

DON'T leave a dryer operating if you are not home.

DON'T forget to read the manufacturer warnings in the user manual and on the inside of the dryer door.

DON'T dry any item containing foam, rubber or plastic, such as bathroom and non-slip rugs and athletic shoes.

DON'T dry any item that contains glass fiber materials, such as a blouse or sweater with glass buttons or decorations.

DON'T overload the dryer with wet clothes.

Lake Whatcom Triathlon

by FF David Comp

On a cool and breezy morning at 7 am on July 15th 200+ participants raced in the inaugural Lake Whatcom Triathlon. This new, challenging and beautiful race course was a perfect example of how Whatcom county does olympic distance triathlons.

Starting with a rowdy 0.9 mile swim across the choppy and whitecapping north end of Lake Whatcom, racers then exited the water and dashed 300 meters across the Bloedel Donovan park to the transition zone.
Stripping off wetsuits, donning helmets and cycling shoes these same racers headed out in aerodynamic positions pedaling furiously into a strong headwind to begin their 24.9 mile ride along the North Shore of Lake Whatcom. The cycling portion included a well known 3 mile long uphill slog known as Y road with a brake burning downhill run

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Events to Celebrate
August Birthdays
2—Troy Freeman
2—Elisabeth Bowman
3—Steph Hollstein
6—Mike Lyshol
6—Zachary Scott
11—Malcolm Simshauser
19—Tony Esser
23—Kevin Biery
24—William Pernett
24—Mark Wohlrab
28—Marcia Dickinson
28—David Comp
29—Sean Roberts
31—Kris Jorgensen

New Addition
July 18—Addilee Ahrenholz

Fire Commissioner Meetings
NWFR
Thurs. August 17
9408 Odell St 61 Blaine — 7:00 p.m.

District 4
Wed. August 9
4142 Britton Loop St 12
Bellingham —12:00 p.m.

4142 Britton Loop Rd.
Bellingham, WA 98226

Providing quality service for a safe community

Free Friends and Family CPR Classes

Class will be held from 6:30 p.m.—9:30 p.m. at various fire stations around the district. Check out www.nwfrs.com for more information and to reserve your spot.

January 17
February 27
March 28
April 18
May 23
June 17
June 27
July 26
August 22
September 25
October 23
November 15
December 20

Donations of nonperishable food items are encouraged but not mandatory. All food donations will be forwarded to area food banks.

Triathlon cont.

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into a 120 degree turn back onto north shore road.

Completing the ride, course racers jumped off their bikes into running shoes and sprinted down the gauntlet into beautiful Whatcom Falls Park. Racing on foot along 6.2 miles of partly shaded trail with views of water falls and Bellingham Bay, those who didn't stop to enjoy the views found themselves slightly hypoxic as they faced running up the 10+ flights of stairs. Racers completed the course with a final flat sprint home stretch to the finish line at Bloedel.

Walking away from this amazing experience I learned that the actual "race day" is truly a large group of athletes getting together to celebrate all of the effort and preparation that came before it. The comradery found between competing athletes as we cheered and encouraged each other along the way to the finish line is undeniable proof of that. We are truly fortunate to live and work in the recreational mecca known as Whatcom.

LAKEWHATCOMTRIATHLON

For additional information about the Lake Whatcom Triathlon visit www.lakewhatcomtriathlon.com

Asian Chicken Wraps

Ingredients

3/4 c. rice wine vinegar
1/3 c. sugar
3 quarter-sized slices fresh ginger
2 c. red cabbage, thinly sliced
2 whole boneless skinless chicken breasts 1 TBS soy sauce
2 tsp. honey
2 tsp. oil
1-1/2 c. white rice 3/4 c. pea pods
1 container Thai-style peanut sauce
8 8-inch flour tortillas or pitas

Serves: *8*

Directions

Pickle cabbage by heating vinegar, sugar and ginger in a saucepan, stirring until sugar dissolves. Place cabbage in a shallow glass dish and pour hot vinegar mixture over it. Chill in refrigerator for a least tow hours, stirring occasionally. (*this can be made a day ahead*)

Cook rice according to your favorite method. While rice cooks, marinate chicken breasts in soy, honey and oi.

Quickly blanche pea pods in boiling water for 20 seconds and set aside.

When rice is done, grill chicken breast and slice into narrow strips.

Warm tortillas in microwave and fill each with a large spoonful of rice, chicken strips, pickled cabbage (*remove fresh ginger before using*), a few pea pods and a good dollop of peanut sauce.